



Public Health
Prevent. Promote. Protect.

**Fond du Lac County
Health Department**

Fond du Lac County Health Department

Mission: Fond du Lac County Health Department prevents disease, protects the community, and promotes healthy living for all.

What's in the News?

New Team Member

Hi! My name is Sarah Faust and I am the new Health Educator at the Health Department. I am excited to join the team and work towards improving the health of our community! You might be wondering what exactly does a health educator do? Well, the duties of a health educator vary across settings and are often tailored to local needs and projects. Often times, health educators assess community health and design, implement, and evaluate health education strategies, interventions and programs. Health educators work collaboratively with individuals and communities to improve or maintain health by supporting behaviors that promote positive health. Here, one major responsibility of a Health Educator is to help conduct the Community Health Assessment and play an integral role in developing the Community Health Improvement Plan. One key aspect to improving the health of a community is community engagement. Watch for upcoming opportunities this year where you can participate in Healthy Fond du Lac 2020 and help improve the health your community. You can help make a positive difference!



UPCOMING EVENT:

Community Narcan Trainings in 2018! [Click here](#) for more details!

Tobacco News

What is Juul? Get the scoop here!

Not surprising, there is yet again a new electronic nicotine device on the market that has quickly become popular with youth, called Juul. As seen pictured below, this sleek device, which resembles a flash drive, is easily concealed as it fits in the palm of your hand. The flash drive design makes it easy for youth to carry and use at school. The Juul comes in flavors such as Mango, Crème brulee, and Mint furthering youth interest to this device. One pod of liquid nicotine for the Juul device is equivalent to the amount of nicotine in a pack of cigarettes. To learn more about Juul [Click Here](#) to read the latest article. For more information on youth tobacco prevention efforts visit tobaccofreelivingfdl.com



Access to Foot Care

The Health Department is no longer providing foot care services at local senior centers, BUT there are several new options in our community: [CLICK HERE FOR MORE INFORMATION](#)

Self-Care For Influenza (Flu)

While we all hope to avoid becoming ill with influenza, ("flu"), sometimes, despite our best prevention efforts of getting vaccinated, frequent handwashing and other strategies, we become ill. Here are some strategies to help you manage your symptoms.

Flu symptoms typically begin one or two days after your exposure to the virus and may seem to hit you suddenly. Among healthy people, flu symptoms vary in severity. Signs and symptoms range from a sore throat and runny nose to fever, chills and muscle aches.

Flu symptoms can make you feel awful, but if you're otherwise healthy, are younger than age 65 and you're not pregnant, take care of yourself at home rather than going to your doctor. Try these remedies:

Take acetaminophen (Tylenol, others) or ibuprofen (Advil, Motrin IB, others) to reduce fever and muscle aches. Don't give products containing aspirin to children or young adults recovering from chickenpox or flu-like symptoms, as these drugs have been linked to Reye's syndrome, a rare but potentially life-threatening condition, in such children.

Drink clear fluids, such as water, broth or sports drinks.

Rest as long as you continue to feel tired, and sleep as much as you can.

Stay home from work, school and other public places for at least 24 hours after your fever is gone to avoid infecting other people. Most people feel better within a week of becoming infected with the flu virus, although coughing may last for another one or two weeks.

(Source: Mayo Clinic website: <https://www.mayoclinic.org>).



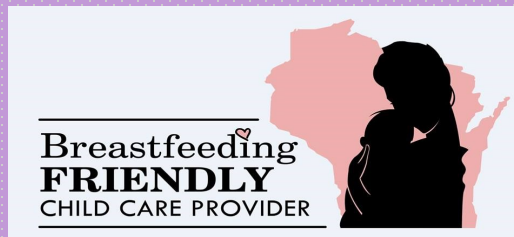
Maternal Child Health News

The Maternal Child Health Department is focused on supporting moms and babies to help increase breastfeeding rates in Fond du Lac County. The cells, hormones, and antibodies in breastmilk help protect babies from illness. This protection is unique and changes every day to meet the growing needs of the baby. Breastfed babies have lower risks of asthma, ear infections, eczema, diarrhea/vomiting, and even SIDS. Research shows that if 90% of families breastfed exclusively for six months, nearly 1,000 deaths among infants could be prevented each year. Breastfeeding also saves money as breastfed infants usually need fewer sick care visits, prescriptions, and hospitalizations. Some benefits to mom include decreased risk for breast and ovarian cancer as well as Type 2 Diabetes.

With these benefits, why are exclusive breastfeeding rates at three and six months postpartum only 43% and 40%, respectively? The answer: breastfeeding can be challenging for many women especially without adequate support! Returning to the work and leaving baby at daycare can affect breastfeeding immensely. The MCH department along with WIC are working to provide needed support for mom/baby dyads. We were able to certify five Fond du Lac County Childcare Centers as Breastfeeding Friendly in 2017! Childcare centers have an opportunity to support breastfeeding mothers and make the separation of mom and baby a smoother transition. Being a supportive center will allow mom to focus on spending time with baby while on maternity leave, as opposed to worrying about leaving baby or deciding whether or not to continue breastfeeding.

We are proud to announce that:

Jesus' Little Lambs Childcare
Bright Beginnings Academy for Kids
Arts for Kids
Lily Pad Learning Center, LLC
Mary Linsmeier School Fond du Lac



have all been designated as Breastfeeding Friendly Child Care Centers. Their dedication to supporting breastfeeding mothers and infants is commendable.



Dental News

STRESS AND YOUR ORAL HEALTH

Stress is a common cause of health problems, and your oral health is no exception. Stress may contribute to teeth grinding, gum disease, dry mouth and canker sores and may also impact your oral health routine and di-

Oral Health Conditions

Teeth Grinding: Clenching or grinding (Bruxism) can cause damage to your teeth and enamel as well as headaches and soreness in the jaw. As grinding often occurs during the night you may not be aware you are doing it. Your dentist may recommend a night guard to protect your teeth from damage.

Gum Disease: Stress can lower your immune system and increase your risk for infection in the mouth, including gum disease.

Dry Mouth: Dry mouth is both a side effect of stress as well as the medicines used to treat stress and depression. The mouth's first line of defense against bacteria is saliva, and without it there is an increased risk of tooth decay, gum disease and infection.

Canker Sores: Canker sores (white spots found on the soft tissue of the mouth) are harmless but can be painful. They will usually go away on their own within 1-2 weeks or your dentist may prescribe a topical treatment or rinse.

Tooth Decay: A neglected oral health routine, unhealthy lifestyle choices and conditions such as dry mouth increase your risk of tooth decay.



Emergency Preparedness



The Fond du Lac County Health Department has a support role in sheltering in Fond du Lac County, and our staff is trained to assist at Red Cross Shelters, or set up a shelter until Red Cross staff arrives. In the event of an emergency go to a designated public shelter if you have been told to evacuate, or you feel it is unsafe to remain in your home. Text SHELTER + your ZIP code to 43362 (4FEMA) to find the nearest shelter in your area (example: SHELTER 54935).

Women, Infants, and Children (WIC)



Barb Roloff will be retiring after nearly 38 years of service. Her years at WIC have helped children and families become healthier. Our staff and clients will miss her. Her last day in the office will be Jan. 29th, 2018 with an official retire date of Feb. 26th, 2018. If you see her please thank her for her time and dedication to the WIC program and wish her congratulations!

Marisela Krupp will now be working 20 hours per week as our breastfeeding peer counselor and 20 hours per week as a WIC Secretary.



Liliana Granado will also be working more hours in WIC and will be available in the office Monday through Friday (adding Thursdays).

WIC is here to support working families. If you know someone who may be eligible, encourage them to apply. Applications can be made in person, by phone: (920) 929- 3104 or online @ <http://www.fdlco.wi.gov/departments/departments-n-z/wic-women-children-and-infants-program/wic-app>